

(back of book)

This is a collection of poems, love
note and thoughts that managed to
make it though all of the moves, fires,
floods and chaos of nearly forty years
of life and love.

Life can be harsh at times, but one thing
is stronger than all that happens in life
and that is love.

Studies of Life

A Collection of

Poetry Love Sonnets & Thoughts

By
Lauresa Tomlinson
Larry Tomlinson

Afraid to Look

People getting drunk or drugged thinking they can
get close to or run from their true thoughts

Afraid to see their life as it really is

Feeling trapped by society and other expectations

Fear of letting others down if they
become who they really are

Some people see life easier if they go along,
rather than making waves

Be happy with what you're given,
The one who marches to another's drum usually
gets lost

Why not dance to your own music
If it doesn't harm anyone else
Don't hide who you are, be proud.

by
Lauresa Tomlinson
5/2/91

Alien

Just a misguided alien come here to play
with funny looks and weird ways looking to stay

Blending right in with the colored hair and
wuzzy dress and who gives a care
Just come to play and I just might stay

See what's going on here and beyond
To see if the way is won or just begun

Been to the stars and past
But here's the best show to cast
Just come to play and just might stay

by
Lauresa Tomlinson
1986

This was written as a song but the music has been lost

All Began as One

Man was created as one with nature
but has drifted apart.
Now the nature of all is calling
for that unity once again.
Join the freedom call,
the call is going out to all.
All who answers truly become free.
Free to fly, to be all they can be.
Answer the call, Answer it Now,
Don't wait, Fly and be free.
See all for what it is. Free.
Freedom to build,
Freedom to help and to BE

by
Lauresa Tomlinson
9/28/94
inspired by music

Because

Because you are the Lord of my hopes and dreams
Because you are the keeper of my strength
Because you are the Watcher of my ways and my path
Because you are the Healer of my crisis and my
screams

I love you Father God, Keeper of my life
I love you oh Guard of my nights and my days
I love you oh my Strength and Remover of my Strife

Forgive me my Father for being weak
Forgive me oh Keeper of my Soul
I give my all to you oh Father of my heart and every
beat

You, oh Father God are my Strength, my love, life my
all

by
Lauresa Tomlinson
1987

Calling for Help

Come winds eternal, blow away the dullness
of man's mind.

Awaken him to the knowing of the All.
Let him awaken to the true nature of being and
not be so blind.

Blow oh winds of knowing, help man
grow in wisdom.
To live together in the harmony of oneness.
To be the beings of love and
the knowing that we are of the one sum.

Shine oh Son of The Most High,
that man might know Spirit and be tall.
With the mighty sword, clip at the bud of the Ego
That man not stumble and fall but
live strong in the knowing of it all.

Come oh Holy rains that man's body might
grow straight and strong.
That his mind grasp the clearness of it all, and
becomes the joy and love of the one
who does no wrong.

As knowledge opens to man and
he learns to live, love and create,
He will grow to be the child he was meant to be.
To live the plan as from the beginning,
to live and love without fear and hate.

Calling For Help con't

As we learn to live in harmony
without fear and hate leading the way,
we will build a future so bright,
that the stars may dim in its light as we
make a brighter day.

by
Lauresa Tomlinson
8/3/2004



Dance The Dance

As the dance of life goes on and on
Some see it as fun and good
Some see it as serious, full of lessons

Dance on my friend, dance on
See, look ahead, see with your heart,
Look into your mind
See the dream, see it whole and not apart

You are now the creator of your fame
You do it now, willing or not
You're the creative force in your life's fame

Live it full, full of life
Live it good, live it strong
Live it free of strife.

Dance in step with the Creators beat

by
Lauresa Tomlinson
9/28/94
inspired while listening to music

Reality? Yours or mine

As I sit here on my bed, all snugly and warm watching the cold winter rain splash against my skylight, I wonder, reality? power? Just what does either of them have to do with life and the living. I mean every day at one point or another I have heard someone say, "Get back to reality". Don't they know that, what reality is to them, may or may not be reality to me. That is, just because they say the apple is red, doesn't mean the apple is red to me.

I may be thinking of the apple as being green or yellow. And who is to say that the words I use for saying something is red isn't the same as the ones someone else uses to say isn't green. I agree with what Shakespeare was saying when he said, a rose by any other name.... So maybe words, aren't the real or right way to communicate. I'm thinking that if... when I speak to you I send groups of pictures instead of words, then you would know just what I was trying to get across. And neither of us would get turned around on words and their meanings, which can lead off into new thoughts and problems and soon the thought begins conveyed is lost by the wayside.

I have to further say that I enjoy talking to people that put their ideas and thoughts across to me in the form of pictures. When I talk to them it's like watching a short film. It is very entertaining and I understand exactly what they are trying to get across by the time we are through talking.

Power? Now that is a word that gets a lot of use and abuse. We have people in this world who are hungry for power over other people. Life for them just isn't worth living unless they can rule what others think, do or say. Each of us have power, it is given to us at birth, no matter what rank or area we are born into. And, yes, If you are working for someone other than yourself to earn money, then you will have to do things the way they want them done during the hours you are working for them.

When you are in the service of someone else, just making sure that the work you are doing is not going against your own judgment, because at that point you are giving away your power. You have power over your life and the way you live it. All you have to do is ask for your purpose to become apparent.

by Lauresa Tomlinson
1992's